

Abstract of the Disclosure

A method and apparatus for recording foods and medicines by scanning and relating scanned data to a stored medical profile specific to an individual. In a preferred 5 embodiment, quantities of foods or medicines are sensed by scanning to relate consumption data or interaction data when a user should be aware of possible adverse interactions. Various types of databases are disclosed. Wireless transfer of data is contemplated, with location 10 of consumption recorded and transferred as well in a particular embodiment.